

2009 CALENDAR



What makes a family strong



COVER ILLUSTRATION

Jessica Liu, Age 11
Martin Luther King Elementary School, Edison, NJ

THIS PAGE'S ILLUSTRATION

Christina Cano, Age 9
Apshawa Elementary School, West Milford, NJ

Happy New Year from the Department of Children and Families and the New Jersey Task Force on Child Abuse and Neglect. This year our calendar theme is, "What makes a family strong..." as illustrated by New Jersey students in kindergarten through sixth grade. This calendar is produced annually to share tips about positive parenting and creating a loving and nurturing environment for children. Many thanks to the PTAs around the state for their assistance with this project.



Julia Zou, Age 11
Martin Luther King Elementary School, Edison, NJ



Nora Li, Age 8
Menlo Park School, Edison, NJ

Family Helpline
1-800-The Kids
If you are feeling stressed out, call to speak anonymously
with a trained volunteer who can listen and help.

JANUARY

December						
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Help Prevent Child Abuse
Donate to the Children's Trust Fund.
www.njchildrenstrustfund.org

February						
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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday																
<div>Notes</div> <div></div> <div></div> <div></div> <div></div>								1	New Year's Day—A good day to share goals for the coming months.		2	Mark the New Year's calendar with family birthdays and special occasions.		3	Use positive reinforcement—teaching, helping and guiding your children toward appropriate behavior.													
								4	Post emergency numbers near the phone where everyone can see them.		5	Get to know your children's friends and their parents. Exchange phone numbers.		6	Keep lines of communication open with your teen by taking a sincere interest in his or her interests and concerns.		7	Seek parenting support if you feel you need it. Call 1-800-THE KIDS.		8	Kids need to be well rested to learn. Make sure your child is getting enough sleep.		9	Being a good parent depends on taking care of your own physical and emotional health.		10	Strong, loving family relationships help children grow up feeling confident and secure.	
								11	Keep your home computer in an area where you can monitor children's on-line activity.		12	Put child-safety latches on doors and drawers that are within young children's reach.		13	Take a walk in the park. Bring along a thermos of hot chocolate.		14	Plan a special dinner; let the kids decide the menu.		15	Notice when your kids are good and praise them.		16	Prepare some snow-day projects for days off from school.		17	Take time to get to know your children's friends.	
								18	Remember to check your child's homework.		19	Martin Luther King Day—Talk to your kids about why we celebrate Martin Luther King's life.		20	Let your children know they are loved.		21	Have fun with your children outdoors today.		22	Teach young children their full name, address and phone number.		23	Let kids help set the table for dinner.		24	Instead of TV, read to your children.	
								25	Let your children know they mean the world to you.		26	Praise your children when they share with others.		27	All children love to color, paint and draw. Join them and share the fun.		28	Share your special talents and interests with your children.		29	Encourage kids to share news from school with the family.		30	Do your best to create a safe home and community for your child.		31	Good parenting is about rewarding your children's positive behavior.	

This project is supported in part through a grant from *Johnson & Johnson*



Tierney Piercy, Age 6
St. John's Academy, Hillsdale, NJ

Family Helpline
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FEBRUARY

January						
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Safe Sleep
Make sure that baby's sleep time is a safe time.
Check out child safety tips at www.nj.gov/dcf.

March						
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 February is Black History Month. Talk to your children about the importance of freedom and equality.	2 Groundhog Day—Tell your little ones what it means if the groundhog sees his shadow.	3 Find time to do special things with your child.	4 Teach children Internet safety: Never give out their name, address, phone number or school while on the computer.	5 Schedule quiet time for reading at your house.	6 Set a time limit for watching TV on school nights.	7 Children will learn their manners from you. Try to set a good example.
8 Read and sing to your infant or toddler everyday.	9 Every child needs unconditional love.	10 Instead of yelling at your kids, take a step back and count to ten.	11 On a cold day, take advantage of cultural or educational activities in your area with your kids.	12 Lincoln's Birthday—Tell your kids a story about how our 16th president earned the nickname "Honest Abe"	13 Try to help teens see their mistakes as learning experiences.	14 Valentine's Day—A special day to share your love with your family.
15 Kids bored? Use pictures from old magazines to make a collage about topics that interest them.	16 Presidents' Day—Challenge your kids to name the presidents	17 Spend lots of time bonding with your newborn by holding, rocking and speaking to your baby.	18 Reaching out when you need parenting help is easy—call 1-800-THE KIDS.	19 Teach children what to do in an emergency and show them how to dial 911.	20 Tell your children how pleased you are when they show kindness to others.	21 Turn on TV programs that encourage creativity and thinking.
22 Washington's Birthday—Talk to your kids about our nation's first President.	23 Ask your librarian to suggest some good children's books.	24 Remind your children to never open the door to strangers	25 Give your children new responsibilities and help them succeed.	26 Let your teens know their friends are welcome in your home.	27 Make popcorn and watch a favorite TV show or movie together tonight.	28 Let your children know that being with them is fun.
Notes _____ _____ _____ _____						



Nicholas Santonastasso, Age 11
Berkeley Township Elementary School, Bayville, NJ

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MARCH

February

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Never Shake a Baby
Don't get frustrated. Reach out for help.

April

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 March is Women's History Month. Help your children learn more about women who have achieved great accomplishments.	2 Children are never too old to be told they are loved.	3 Take time to talk to your child about daily events at school.	4 Start your kid's day right with a healthy breakfast.	5 Always leave your kids with a hug and a kiss goodbye	6 Try to introduce your children to the foods and traditions of other cultures.	7 Take time to listen to your children's dreams.
8 Daylight Savings Time Starts—Have your children help you set the clocks ahead one hour.	9 Bake a batch of cookies with your kids today.	10 Set an example by participating in community recycling.	11 Keep young children in sight when you're shopping. Hold hands or put them in the cart.	12 Working parents need to schedule some time for themselves.	13 Plan quiet time every evening for children to do their homework.	14 Plan some special family fun for this weekend.
15 Sunday is a good day to relax and spend time together.	16 Say thank you to your kids when they do something thoughtful for you or for others.	17 St. Patrick's Day—Help your kids pick out something green to wear today.	18 Good nutrition makes a big difference in how kids grow, develop and learn.	19 Letters, e-mail and phone calls help kids keep in touch with family members who live far away.	20 First Day of Spring—Talk to your kids about the change of seasons.	21 Remind teenagers of their achievements and let them know you're proud.
22 Plan a special night out for you and your partner.	23 Let your children know what makes them special to you.	24 Remind your kids that stove surfaces can be hot, even when they are turned off.	25 Schedule a break. Have a babysitter, relative or friend look after your child.	26 Learn about quality, kid-friendly sites on the Web.	27 It is not safe for your baby to sleep on a couch, with you or alone.	28 Good discipline teaches children to respect parents and other adults.
29 A job well-done deserves words of loving appreciation.	30 Read aloud to the kids tonight. Let them choose the story.	31 Ask your child's teacher for tips to help your children develop good study habits.	Notes _____ _____ _____ _____			



Anabelle Malamug, Age 9
James Madison Intermediate, Edison, NJ

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APRIL

March

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Help Prevent Child Abuse

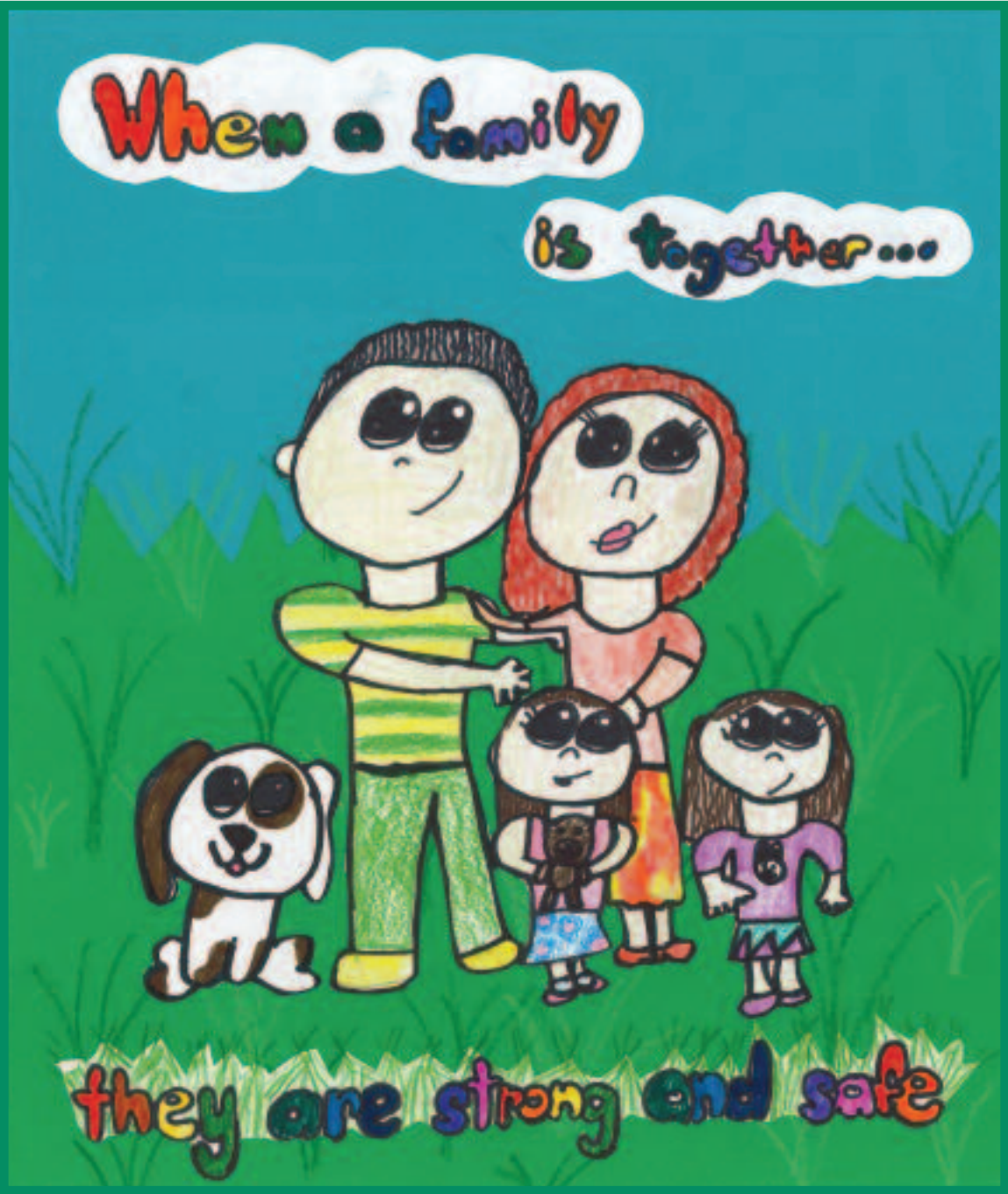
Donate to the Children's Trust Fund
by checking the box on your tax return.
www.njchildrenstrustfund.org

May

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday							
Notes _____ _____ _____ _____						1 April is Child Abuse Prevention Month. Reach out to another parent if you sense he or she may need your help.		2 Encourage good communication in your family by using words that show honesty and respect.		3 If your children's education is important to you, it will be important to them.		4 When you file your income tax returns, help prevent child abuse by checking the box for a donation to the Children's Trust Fund.							
						5 This weekend, make time for activities you enjoy.		6 Angry or frustrated with your crying baby? Never shake a baby. Call 1-800 THE KIDS.		7 Every child needs a listening ear, good advice and constant support.		8 Encourage activities that make your children feel good about themselves and their talents.		9 Passover Begins—Volunteer when you can for school activities.		10 Good Friday—Today make time for family		11 Spend time online together with your kids to teach them the safe way to use the Internet. Monitor the sites they visit.	
						12 Easter—Have an Easter egg hunt—indoors or out.		13 Send kids off to school every morning with a hug and a kiss.		14 Celebrate spring with your kids! Play outdoors!		15 Tax Day—did you remember to check the box for a donation to the Children's Trust Fund on your tax returns?		16 Parenting is easier when you take advantage of the activities and services offered in your community.		17 Talk to your children about why family traditions are important to you.		18 Teach your baby simple games like peek-a-boo and pat-a-cake.	
						19 Spring cleaning? Encourage the kids to help by giving them a choice of jobs to do.		20 Call a loved one today with your children to let them know you're thinking of them.		21 The safest place for baby to sleep is in a crib near your bed.		22 Earth Day—Plan an environmentally friendly activity with your children. Help clean a local park.		23 Children learn in different ways—get to know and accept your child's own learning styles.		24 Arbor Day—Go to the local nursery and buy a sapling to plant with your kids.		25 Strive for balance in your life—even parents need time for fun and relaxation.	
26 When hiring a new babysitter, always check references.		27 Remember, a baby will outgrow crying, but shaking a baby may cause permanent damage.		28 Share with your teen some of the fun you had when you were his or her age.		29 Encourage your children to participate in sports and regular physical activity.		30 Create and share family poetry, stories and rhymes.											

This project is supported in part through a grant from *Johnson & Johnson*



Lindsay Spitzer, Age 8
Taylor Mills School, Manalapan, NJ

Family Helpline
1-800-The Kids
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MAY

April

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Prepare for a safe
summer in the water
Never leave your children unattended around water.

June

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes _____ _____ _____ _____					1 Listen to your child. Express your willingness to talk about anything.	2 Laugh at your child's jokes — you'll both feel wonderful.
3 Find a few moments every day to make each child the center of your attention.	4 A good time to review bicycle safety with your kids and make sure they always wear their helmets.	5 May is National Physical Fitness & Sports Month — Encourage everyone in your family to have an exercise routine.	6 Messages tucked in your children's lunches will brighten their day!	7 Do something today just for yourself.	8 Seek parenting support if you feel you need it. Call 1-800-THE KIDS.	9 Teach responsibility by sharing household chores with your children.
10 Mother's Day — This is a good day to relax and enjoy your children's love and attention.	11 Plan a special family meal to introduce children to foods from around the world.	12 Planning a family project? Include tasks for everyone, so even the little ones can help.	13 Help your children set goals. Then encourage them to achieve these goals.	14 Prepare for a safe summer in the water. Sign your kids up for swimming lessons at the Y or local pool.	15 Help your kid's learn to get along with others.	16 Don't let your children be the target of your anger. Call 1-800-THE KIDS for help with stress you're feeling.
17 Let your teens know that you value and care about them.	18 Summer will soon be here! Review bicycle safety tips with your children.	19 Tell your children they mean the world to you.	20 Have fun together! Jump rope and learn a new skipping song.	21 Seek help if your child's behavior overwhelms you.	22 Let your children know they can always come to you with their problems.	23 Monitor your children's activities. Know where they are and who their companions are.
24 Take the family to enjoy a parade in your community this weekend.	25 Memorial Day — Fly the flag proudly today.	26 Enjoy the long holiday weekend by picnicking or barbecuing with your family.	27 Smile at your children often.	28 Swim Season is here! Be sure to review water safety rules at www.njredcross.org	29 Make time for family fun!	30 Help teens research the summer jobs available in your community.
31 When your children are kind to others, tell them you're pleased.						

This project is supported in part through a grant from *Johnson & Johnson*



Brendan Mulvihill, Age 10
Valley Road Elementary School, Clark, NJ

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JUNE

May

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Summer Time!

Not even for a minute,
never leave a child unattended in a car.

July

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Need a break? Rent your favorite movie, make popcorn and relax.	2 Share your values with your children. Teach them to be honest, reliable and responsible.	3 Tip for new moms: Get as much rest as possible.	4 Count with young children and help them sort shapes and colors.	5 Review report cards with your children when they bring them home.	6 Good parenting is about giving kids clear and consistent rules to follow.
7 Use this weekend to work with your kids on their bikes for summer—be sure their bikes operate safely. Don't forget the helmet.	8 Encourage good communication in your family by reminding everyone not to interrupt when others are speaking.	9 Get to know your teen's friends and be aware of where they are and what they're doing.	10 Swimming season is here. Be sure your children are always supervised around water.	11 Sign your children up for swimming lessons.	12 Review bicycle safety rules with your kids and make sure they always wear their helmets.	13 Appreciate the uniqueness of your child.
14 Flag Day —A great craft idea would be to make American flags together.	15 Stressed out? Don't be afraid to call for help at 1-800-THE KIDS.	16 At graduation, tell your kids how proud you are.	17 Can your children identify poison ivy? Teach them how to spot and avoid this plant.	18 Never hang toys with long strings, cords, loops or ribbons in cribs or playpens. Babies may become tangled and choke.	19 NEVER leave children alone in a car, not even for a minute.	20 Always have an ADULT supervising young swimmers.
21 Father's Day —A special day for everyone to share their love with Dad.	22 Make sure the bikers, skaters and skateboarders in your family always wear helmets.	23 Keep in touch with other parents so you'll know your children's activities are always well supervised.	24 Empty all buckets, pails and bathtubs completely after each use.	25 Children should always ride restrained with a car seat or seat belt in the back seat.	26 Use caution with outdoor grills when children are present.	27 Apply sunscreen, even on cloudy days and reapply every 2–3 hours.
28 Help your children understand how unkind words can hurt others.	29 Be sure your child is never alone around water.	30 Take lots of pictures this summer. You'll treasure the memories in years to come.	Notes _____ _____ _____ _____			



Sarah Jurimas, Age 6
Millbridge Elementary School, Delran, NJ

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JULY

Summer Safety!
Teach your kids proper water safety.
Never leave them unattended around water.

June						
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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday							
<div>Notes</div> <div></div> <div></div> <div></div> <div></div>						1 Start summer reading lists for you and your kids.		2 July is Ice Cream Month. Enjoy your favorite flavor with your children.		3 How safe is your home? Be alert for hazards that could injure you or your children.		4 Independence Day—Enjoy a picnic and the fireworks as a family!							
						5 Store prescription medication in a locked cabinet or drawer to avoid accidental poisoning.		6 Never depend on screens to keep children from falling out of windows.		7 Focus on building closeness and trust with your child.		8 Never leave your children alone in a car, not even for a minute!		9 Let the kids use the camera to take photos of summer fun.		10 Always supervise kids on play equipment.		11 Let your children know you trust them to do the right thing.	
						12 Make a point to talk with your teen every day, even when there's not a problem.		13 Keep rescue equipment and a telephone number near the pool.		14 Hot summer days can mean extra pressure. Call 1-800-THE KIDS if you need someone to talk to.		15 Enclose pools completely with a self-locking, self-closing fence.		16 Praise your children when they follow family rules.		17 Nothing makes your child feel as important as having your undivided attention.		18 Hugs say more than words!	
						19 Always reward positive behavior with a positive remark.		20 Make regular visits to the library this summer to keep kids reading skills sharp.		21 Positive parenting is about love and understanding, not about power and control.		22 Be sensitive to your child's need for private one-on-one talks.		23 Relax and enjoy children's love.		24 Practice and encourage forgiveness in your family.		25 Always place your baby to sleep on his or her back.	
26 Never stop telling your children you love them.		27 Children do as you do, not as you say.		28 Make each of your children feel valued and special, especially those who are close in age.		29 Be sure your infant receives all her immunizations and visits the doctor when necessary.		30 Check your local paper for festivals, outdoor concerts and other fun family events.		31 Teach your child to swim at an early age.									

This project is supported in part through a grant from *Johnson & Johnson*



Victor Rodriguez, Age 11
Dane Barse School, Vineland, NJ

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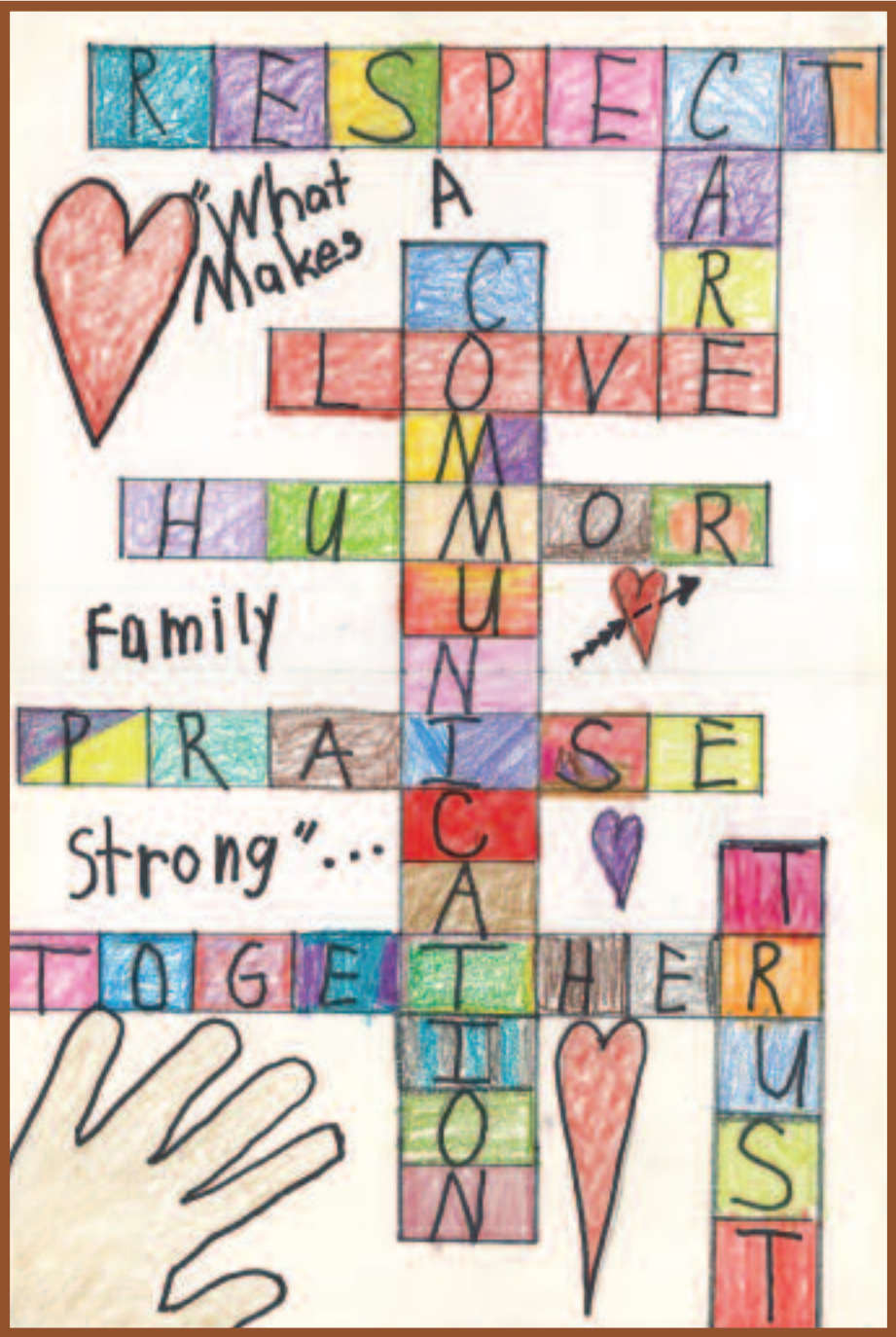
AUGUST

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Summer Safety!
Not even for a minute, never leave
a child unattended in a car.

September						
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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>Notes</div> <div></div> <div></div> <div></div> <div></div>												<div>1</div> <div>Plan summer day trips or a vacation with your kids.</div>	
<div>2</div> <div>Mistakes can be pathways to ideas—take your kids' mistakes in stride</div>	<div>3</div> <div>Heading to the beach? Don't forget the sunscreen and lots of cold drinks.</div>	<div>4</div> <div>Plan a relaxing day by inviting your friends and their kids over for an ice cream party.</div>	<div>5</div> <div>Tip for new moms: Visitors may be welcome, but don't let them interrupt your alone time with the new baby.</div>	<div>6</div> <div>Losing control? Step back and count to 10, or call 1-800-THE KIDS for help.</div>	<div>7</div> <div>Always lock your car and secure the keys so that kids can't get to them.</div>	<div>8</div> <div>Tips for new dads: Spend lots of time caring for and playing with your baby.</div>							
<div>9</div> <div>Join with other parents to organize and supervise activities for teenagers in your neighborhood.</div>	<div>10</div> <div>A weekly allowance can help children learn about saving and spending wisely.</div>	<div>11</div> <div>Warn your children about playing in and around cars.</div>	<div>12</div> <div>Build your children's self-esteem by teaching them to think positively.</div>	<div>13</div> <div>Be willing to talk to your kids about family rules and the reasons for them.</div>	<div>14</div> <div>Help build family communication and avoid shaming, nagging or blaming.</div>	<div>15</div> <div>Make it a family rule to swim only where there's a lifeguard on duty.</div>							
<div>16</div> <div>Did you make your children feel appreciated today?</div>	<div>17</div> <div>Focus on improvement, not perfection—for your children and yourself.</div>	<div>18</div> <div>Visit a farmer's market and select a new fruit or veggie for your kids to try.</div>	<div>19</div> <div>Kids bored on a hot summer's day? Make cold drinks and popcorn and tell stories.</div>	<div>20</div> <div>Install a trunk release mechanism so that kids can't get trapped inside the car.</div>	<div>21</div> <div>Sort through clothes for the coming school year with your kids. Make donation bags for those that no longer fit.</div>	<div>22</div> <div>Tell your kids you're proud to be their Mom or Dad.</div>							
<div>23</div> <div>Let the kids help make ice cream sundaes for a special treat after dinner.</div>	<div>24</div> <div>Back-to-school shopping is a great way to help kids with math and managing money.</div>	<div>25</div> <div>Make appointments to get the kids' physicals and immunizations up-to-date before school begins.</div>	<div>26</div> <div>Begin to adjust a bedtime schedule for back-to-school.</div>	<div>27</div> <div>Share your children's joys when things go their way.</div>	<div>28</div> <div>Patience takes daily practice—keep practicing.</div>	<div>29</div> <div>Let your children choose a new backpack for school.</div>							
<div>30</div> <div>Encourage your children to always follow their dreams.</div>	<div>31</div> <div>Children laugh as much as 400 times a day...share some laughs with your kids!</div>												



Brandon Hund, Age 7
Frank K. Hehnly School, Clark, NJ

Family Helpline 1-800-The Kids

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SEPTEMBER

August

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Back to School

Don't be a bully, be a friend.

October

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Compile a scrapbook of summer photos with your kids.	2 Help manage stress by eating well and getting enough sleep.	3 Take some time today to check that clothes and supplies are ready for school.	4 Make it a point to meet your child's teacher at the start of the school year.	5 Compliment, praise and encourage your children every day.
6 Not even for a minute, NEVER leave your children alone in the car.	7 Labor Day —Enjoy the holiday with family before school begins.	8 All teens study differently. Let your teenager discover what works best.	9 Give your children the responsibility of helping someone else.	10 Try to juggle busy back-to-school schedules so you can have family dinners together.	11 Join the PTA at your child's school so you can have a voice in decision-making.	12 Grandparents Day —Plan a visit to grandma or grandpa's house.
13 Attend parent/teacher conferences regularly to chart your children's progress.	14 When hiring a new babysitter, let your kids spend some time with the sitter while you're home so they can get comfortable with the caregiver.	15 Hispanic Heritage Month Begins —Help your kids appreciate the achievements of Hispanic people.	16 Tip for new moms: Take care of yourself too by getting plenty of rest and eating right.	17 Encourage your kids to take up a musical instrument or try a sport.	18 Attend parent/teacher conferences regularly to chart your children's progress.	19 Rosh Hashanah —The Jewish New Year—Shalom (peace)!
20 There are many ways to volunteer at your kids' school—get involved!	21 Bring books and nutritious snacks when going places with the kids where you'll have to wait, like the doctor's office	22 First Day of Autumn —Plan a fun day outside with the kids raking leaves and doing yard work together.	23 Better connect with your child when disciplining by getting down to their eye level and talking to them calmly, yet assertively or firmly.	24 Parenting isn't about perfection, it's about loving well.	25 Mark this calendar with dates for school pictures and other important occasions.	26 Give teens a voice in day-to-day matters.
27 Yom Kippur —The Jewish Day of Atonement. Teach your kids about other religious customs.	28 Show that you love and value each member of your family.	29 Teach your kids a valuable lesson by dealing with problems positively and constructively.	30 Some give-and-take is needed in every family.	Notes _____ _____ _____ _____		

This project is supported in part through a grant from *Johnson & Johnson*



Trevor Melnyk, Age 7
Hooper Avenue Elementary School, Toms River, NJ

Family Helpline
1-800-The Kids
If you are feeling stressed out, call to speak anonymously
with a trained volunteer who can listen and help.

OCTOBER

September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Internet Safety!

Monitor the sites your children visit.

November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
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29	30					

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday									
<div>Notes</div> <div></div> <div></div> <div></div> <div></div>								1 October is Fire Prevention Month. Have a household drill to show children what to do in case of a fire.		2 Take time to develop your interests this fall. Sign up for a class or exercise group.		3 Volunteer whenever possible for school activities.									
								4 All teens study differently. Let your teenager discover what works best.		5 Every child needs the security of a safe environment at home, at school and in the community.		6 Babies have their own time clocks, especially for the first six weeks or so.		7 Listen to your children's hopes and dreams for the future.		8 Send a treat or a loving note in your child's lunchbox today.		9 When you learn something new, share it with your children. You'll show them learning is a lifetime process.		10 Once in a while, have a special family dinner by candlelight.	
								11 If you don't already have smoke detectors in your house, install them now and test them monthly.		12 Columbus Day—Teach your kids about Christopher Columbus and his adventures.		13 Check regularly to make sure homework is completed on time.		14 Decorate your house or yard for Halloween.		15 Fussy babies are often soothed by hearing your calm, loving voice.		16 Share child-raising tips and hints with your friends.		17 Tell your child how special he/she is today.	
								18 Give your child the freedom to talk about his or her feelings.		19 Nurture your adult relationships. Make time for activities with your friends.		20 If your child is having academic or behavior problems, meet with his or her teacher to come up with a solution.		21 Visit a local orchard and bring home a basket of crisp, juicy apples.		22 As a new parent, if you have questions, build a support group of family or friends to call for advice.		23 If your child is having difficulty at school talk to their guidance counselor about getting them a tutor.		24 United Nations Day—Find a picture of the front of the United Nations building in NYC. Name the flags with your kids.	
								25 Praise yourself and each other when the family works out a problem together.		26 Accept and forgive. Once you've disciplined your child, leave the incident behind you.		27 If you have toddlers, learn about ways to make your house a safe place.		28 Let your kids guess when the year's first snowfall will be and mark their guesses on the calendar.		29 Encourage your kids to keep trying when they face difficulty. Your support means a lot to them.		30 Positive discipline shows love and understanding, not power and control.		31 Halloween—Partner with another parent and always accompany the children when they are trick or treating.	



Danielle Mandile, Age 11
Mountain Park School, Berkeley Heights, NJ

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NOVEMBER

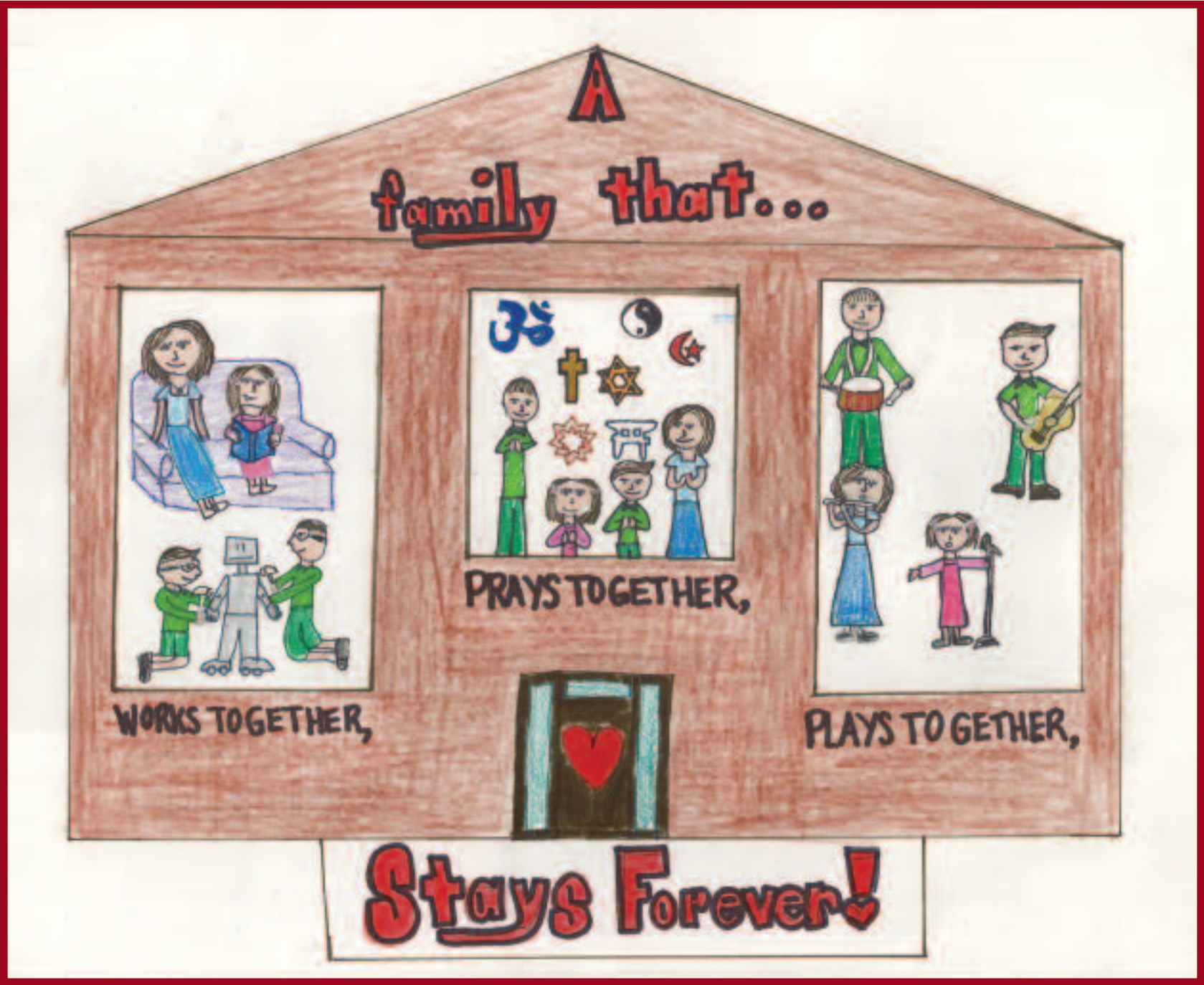
October						
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National Adoption Month
Learn how you can adopt or foster a child.
Call 1-800-99-ADOPT or 1-877-NJ-FOSTER.

December						
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27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time Ends—Have your kids help you set the clocks back one hour.	2 November is National Indian Heritage Month. Ask your librarian to recommend a book about Native American culture.	3 Election Day—Remember to vote—and to share with your children why it's important to cast your ballot.	4 Try to attend all your child's school performances and sporting events.	5 Leave your children notes of encouragement and affection in their book bags.	6 Help your kids cope with bullies and speak to their principal or teacher right away if they report trouble with a bully.	7 When kids need encouragement, remind them of their strengths and successes.
8 When children break your rules, stay calm, and try to do what is fair.	9 Today, tell each of your children they're special to you.	10 Look for interactive family activities like playing a board game or charades.	11 Veterans Day—Talk to your kids about family members or famous people who have served our country.	12 Encourage your kids to exercise regularly and join them to stay healthy	13 Get involved in what your kids are learning by connecting their lessons to current events.	14 Read a good book. Doing so will show your kids the enjoyment of reading lasts a lifetime.
15 Enjoy your baby. In a blink of an eye he or she will be a toddler.	16 Don't expect to be perfect; parenting is a difficult job.	17 Take an imaginary journey with your kids by going to the library and reading travel books with them.	18 Keep a smoke-free environment for your children.	19 Thank your child's teacher when she's doing a good job.	20 Teach your children the importance of helping and caring for our family members.	21 Happiness is contagious—share yours with your children.
22 Make a special breakfast and start the day with some time together.	23 Talk to your kids about the dangers of smoking cigarettes.	24 Today, think about everything you love and cherish about your children.	25 Talk to your kids about your family's values and other important issues.	26 Thanksgiving—At your family dinner have each child talk about what they're thankful for.	27 Remind young children frequently about traffic safety rules.	28 Soon you'll be busy with holiday preparations. Today, take some time for yourself and relax.
29 Fill your family life with simple things that make you feel content.	30 Babies each have their own time clocks, especially for the first several months.	Notes _____ _____ _____ _____				

This project is supported in part through a grant from *Johnson & Johnson*



Sarita Rose Sinha, Age 10
Patrick M. Villano, Emerson, NJ

Family Helpline
1-800-The Kids
If you are feeling stressed out, call to speak anonymously
with a trained volunteer who can listen and help.

DECEMBER

November						
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Happy Holidays!
Enjoy the holiday season with your entire family.

January						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Teach your children it's not right to bully or pick on anyone, anytime.	2 The holidays will soon be here. Make plans to visit family and celebrate with your kids.	3 Kids do better in school when parents are involved. Help with homework and ask what they learned today.	4 Sharing family activities helps bring parents and children closer together.	5 Instruct your kids to alert you if they're ever on the Internet and someone asks them for personal information.
6 When you're not home, set clear ground rules with teens about cooking, leaving the house or having friends over.	7 Create and share family poetry, rhymes and stories.	8 Consistency is the key to effective discipline. Stick to the consequence you've established for unacceptable behavior.	9 Build your children's self-esteem by helping them find something they are good at and keep the encouragement coming.	10 Let everyone sign holiday cards. Use different colored pens for each family member.	11 Hanukkah Begins— Celebrating holidays and happy moments together creates joyful family memories.	12 Disagreement is a natural part of life and compromise is a lifelong skill worth learning.
13 Tip for new parents—Fussy babies are often soothed by hearing your calm, loving voice.	14 Learn about other cultures with your children. Go to your local library.	15 Respect your teenager's need for growing independence.	16 Feeling overwhelmed by the holidays? Let go of unrealistic goals and lose the guilt.	17 Give the holidays extra meaning by donating food, toys or clothing with your kids.	18 The holidays can create extra pressure. Call 1-800-THE KIDS if you need someone to talk to.	19 Keep your sense of humor, even when communicating with your kids gets difficult.
20 Relax. Don't let the holiday rush wear you or your kids out.	21 First Day of Winter— Happiness is contagious— share yours with your children.	22 Honesty and respect work wonders with children of all ages.	23 Praise your children when they follow family rules.	24 A good activity for a cold winter's day—start a scrapbook with photos and stories about your family.	25 Christmas Day—Sharing happy traditions brings parents and children closer together	26 Kwanzaa Begins—Unity is the theme of the first day of Kwanzaa. Celebrate by having a family dinner.
27 Show courtesy and concern for older members of your community and your kids will learn to do the same.	28 Find some quiet time to sit back and enjoy the holidays in your own way.	29 Have fun together—make a video in which everyone shares their favorite moments from the holidays.	30 Help your children write thank you notes for all their gifts.	31 New Year's Eve—Talk with your children about what your family looks forward to in the New Year.	Notes _____ _____ _____ _____	

IMPORTANT CONTACTS

**FAMILY HELPLINE
(PARENTS ANONYMOUS)
1-800-THE KIDS**

If you are feeling stressed out, call to speak anonymously with a trained volunteer who can listen and help.

**CHILD ABUSE/NEGLECT HOTLINE
1-877-NJ ABUSE (652-2873)
TTY/TDD 1-800-835-5510**

A toll-free hotline to report child abuse and neglect. Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report. Calls can be made anonymously.

**2-1-1
WWW.NJ211.ORG**

This phone number connects callers to various human services in their community.

**NJ HELPS
WWW.NJHELPS.ORG**

NJ Helps is a website to find out about services and programs for children, families and individuals.

**DOMESTIC VIOLENCE HOTLINE
1-800-572-SAFE**

Call this number for information about domestic violence services in your local area.

**SAFE HAVEN INFANT PROTECTION HOTLINE
1-877-839-2339**

A toll-free hotline for distressed parents who wish to give up an unwanted infant, anonymously, with no fear of arrest or prosecution. While information will be requested, no names or records are required.

**THE NEW JERSEY TASK FORCE ON
CHILD ABUSE AND NEGLECT
1-609-292-0888**

Jon S. Corzine
Governor, State of New Jersey

Kimberly S. Ricketts
Commissioner, Department of Children & Families

**DEPARTMENT OF CHILDREN AND FAMILIES
www.nj.gov/dcf**